BOARD ANNOUNCEMENTS AND LESSON PLAN

WEEK OF NOVEMBER 25/26 (A/B DAY)

UPDATE DAY - NO NEW MATERIAL

CHECK OUT THE DVD IF YOU WERE ABSENT LAST WEEK - GUEST SPEAKER -LAURESA LARSEN

1. SIGNED FITNESS TESTS BY PARENTS (DISCUSS YOUR LEVELS)- SHOW WALTON OR HAVE NOTE IT WAS COMPLETED. 20 PTS OFF WRITTEN IF NOT TURNED IN BY THIS WEEK!
2. WORK ON YOUR SMART GOALS FOR FITNESS - WE WILL BE DOING THIS WEEK IN CLASS
3. UPDATE YOUR TABLE OF CONTENTS - YOU SHOULD HAVE PAGE 1-21
4. Add to you vocabulary list
5. Always label each page - go back and check
6. Cover page - completed by end of 2nd Trimester - ADD COLOR
7. IAN-lesson plans by dates - all are on **Albion Website/Library/classroom** **help/PE-Health**

**Pg. 16 & 17** - finish your SMART goals - make sure you add exercises that you can do in class as well

**Pg. 19**

TITLE/CONCEPT: Chap. 8 Nutrition - PICK UP PACKET TO FINISH NOTES

NO BOOKS - TAKE YOUR PACKET WITH ROLL CALL # ON TOP

Essential Question: What are nutrients?

Terms

* Carbohydrates, fats, and proteins - role they play for your body
* Vitamins (2 types), minerals (seven), and water (importance)

**Pg. 18**

TITLE/CONCEPT: My Nutrition

Show examples from what you learned about the nutrients

What are healthy foods I like that are nutritious? Which ones are not and why?

**Pg. 21**

TITLE/CONCEPT: Guest Speaker Nutrition

MAKE SURE YOU HAVE IN YOUR NOTES:

1. The three healthy lifestyle goals about breakfast (reason why and why people don’t, how to’s), Fruits/Vegetables (list nutrients-what they do, chronic diseases), sweetened beverages (reasons not to have)
2. Explain what nutrient density means
3. The rules about being active

**Pg. 20**

TITLE/CONCEPT: What did I learn?

Draw, explain, set your goal(s) from what the speaker talked about

INCLUDE ON THIS PAGE:

1. What new information did you learn about?
2. Create/choose 30 day challenge goal– at least one but 2 or 3 is better – you can choose nutritional goals instead especially if you don’t eat breakfast or you drink too much soda
3. Lists are given below for suggestions you can use– you can come up with your own.
4. Use SMART goal format – highlight





















